

**SPECIAL  
TEAMS  
DRILLS**

**DON'T SING IT, BRING IT!**

**FRED GUIDICI**

**MENLO COLLEGE**

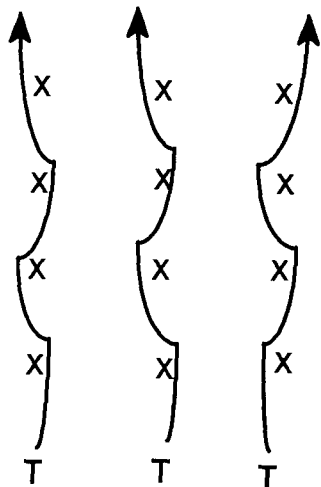
**SPECIAL TEAMS  
COORDINATOR**

**650-543-3763**

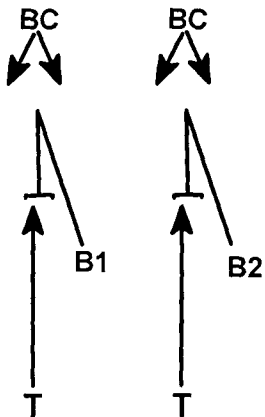
**[fguidici@menlo.edu](mailto:fguidici@menlo.edu)**

# KICK OFF DRILLS

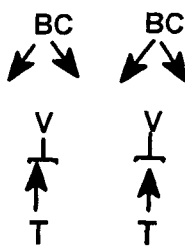
## AVOID



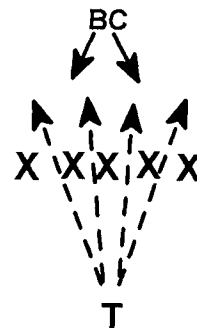
## SHOOT N RUN



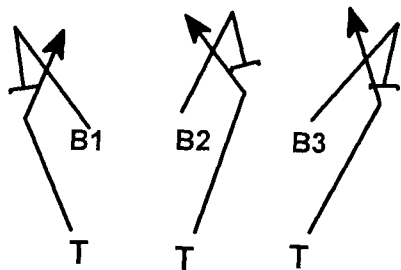
## 2-GAP



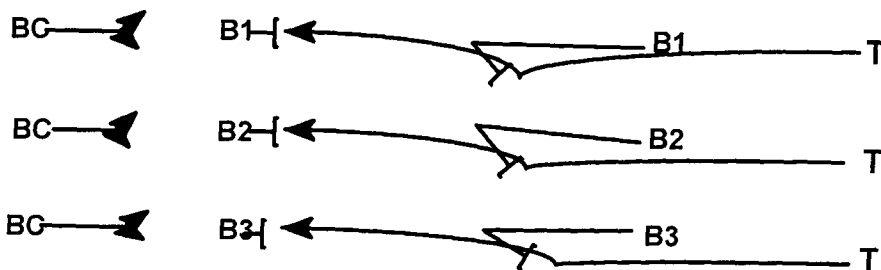
## SHOULDER STRIKE RIP THRU



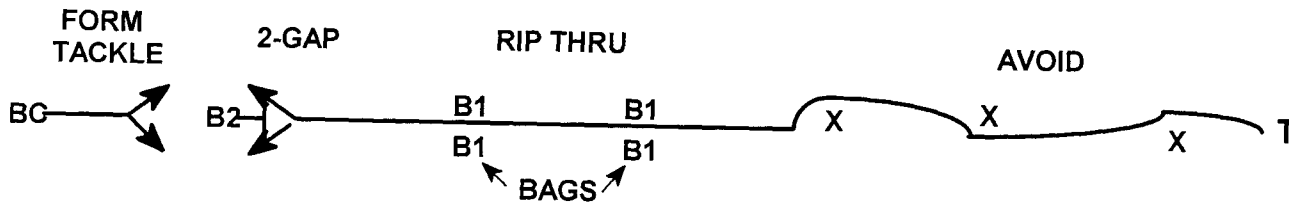
## AVOID: BEAT THAT ASS!



## MANIPULATE, HIT, FIT & WRAP

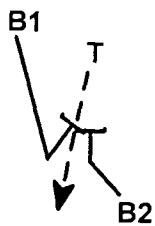


## GAUNTLET

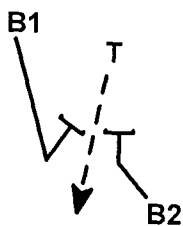


## DOUBLE TEAM

### 1. SPLIT



### 2. RUN THRU



### 3. RUN AROUND



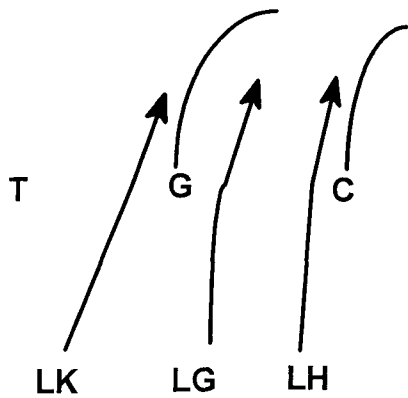
# KICK OFF GROUP DRILLS

## "CORE PLAYERS"

### HITMEN, GUNNERS & KNIFERS

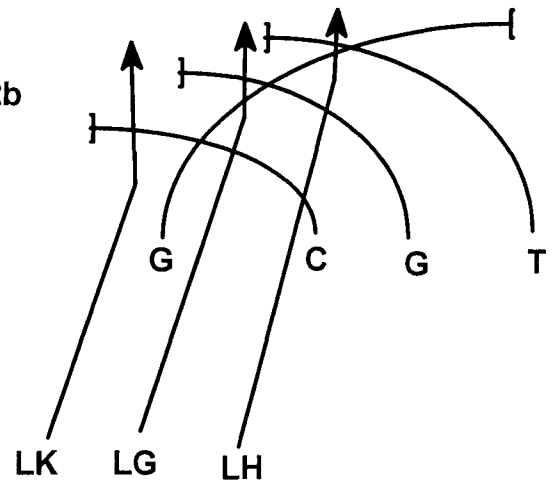
INDICATOR READ

fig 1b



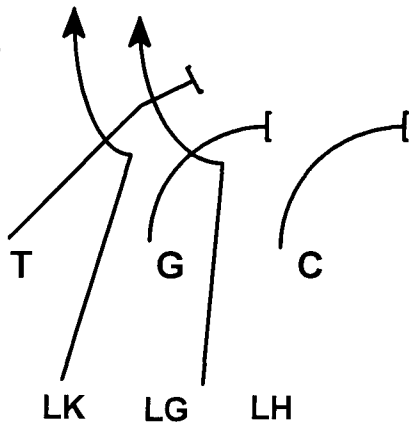
BEAT THE CROSS BLOCK

fig 2b



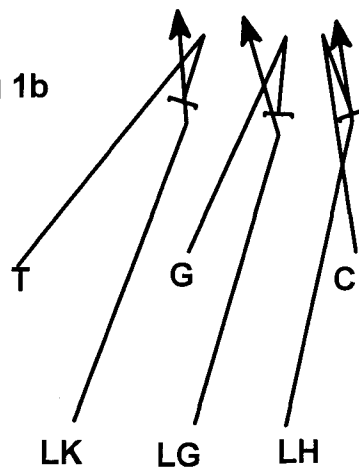
BEAT THE DOWN BLOCK

fig 2a



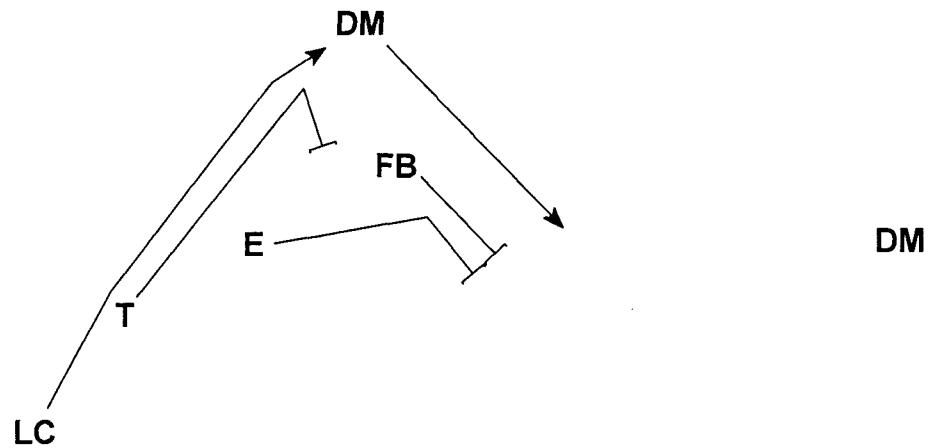
BEAT THAT ASS BLOCK  
OR SHOOT N RUN

fig 1b



# KICK OFF GROUP DRILLS CONTAINERS

A. IF THEY ALL GO AWAY. GET TO THE TACKLES HIP, TIGHT TO HIS BUTT. SCRAPE PAINT, LEAN AND TRACK THE HIP OF THE RETURNER. (fig 1b)



C. IF THE TACKLE BACKPEDALS OR ATTEMPTS A TURNBACK BLOCK ON YOU, EYE FIXATE OUTSIDE, SWAT & SCRAPE PAINT INSIDE. TRACK THE HIP OF THE RETURNER (fig 1c)

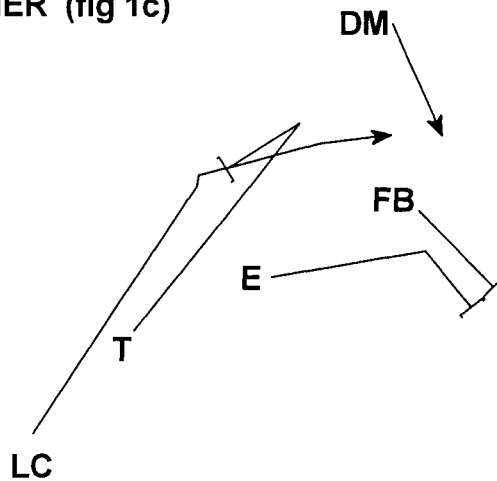


fig. 1c

D. IF THE TACKLE GOES STRAIGHT BACK & END DISAPEARS INSIDE, THE RETURN IS COMING AT YOU. RUN AT THE TACKLES BUTT & FIT ON OUTER EDGE OF WEDGE OR RIP THRU WEDGE DOUBLE. (fig 1d)

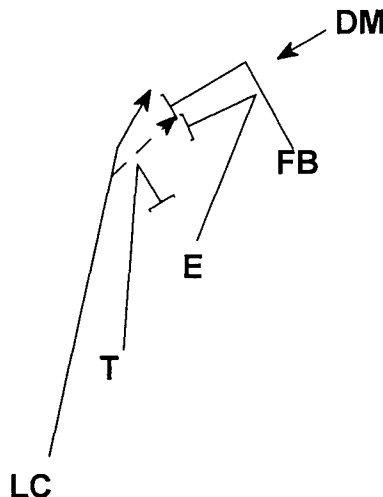


fig. 1d

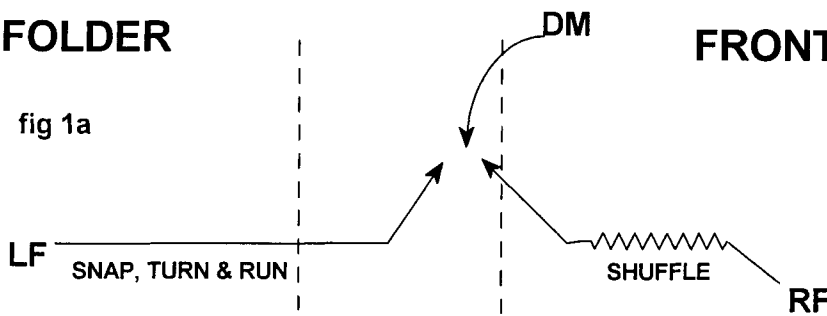
# KICK OFF GROUP DRILLS FOLDERS

## FOLDERS (1's)

A. Be 15 yards off the Returner and keep him 2-3 yards inside of you in a fold position. Be aggressive. Form a "V" with other Fold Man on the Returner. Fill any seam or hole in the wedge. Tackle high and sure. Alert gimmicks etc. Keep your proper leverage on Returner. Keep the ball **INSIDE** of you and in **FRONT** of you **AT ALL TIMES**. *You cannot be blocked. Bracket the Returner (keeping him inside of you until he's tackled)*

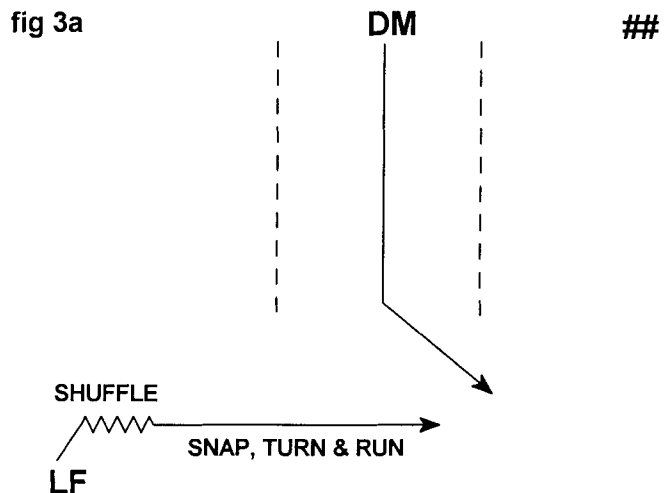
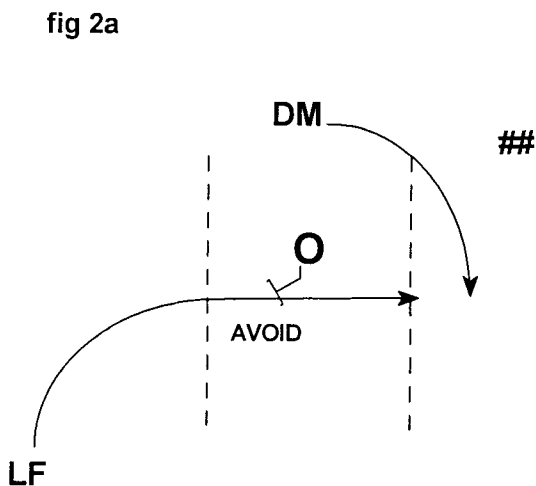
1. If the ball breaks up the alley, get to the Returners outside pec (fig 1a)
  2. If the ball bounces early, track the hip of the Returner (fig 2a)
  3. If the ball breaks up and away, "Snap, Turn & Run" Profile Tackle (fig 3a)
- ATTACK, DO NOT JUST SIT & HANG!**

## BACKSIDE FOLDER



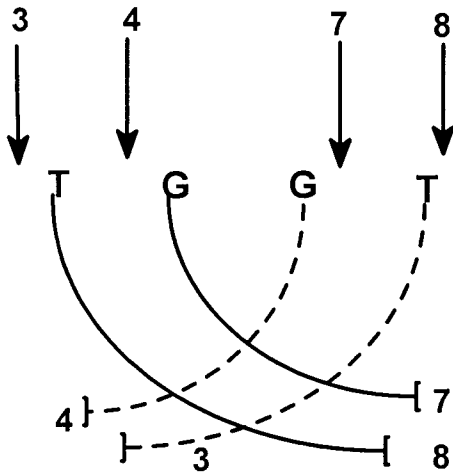
## FRONTSIDE FOLDER

## BACKSIDE FOLDER

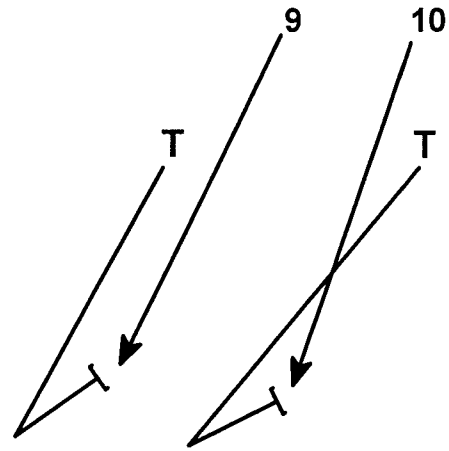


# KICK OFF RETURN DRILLS

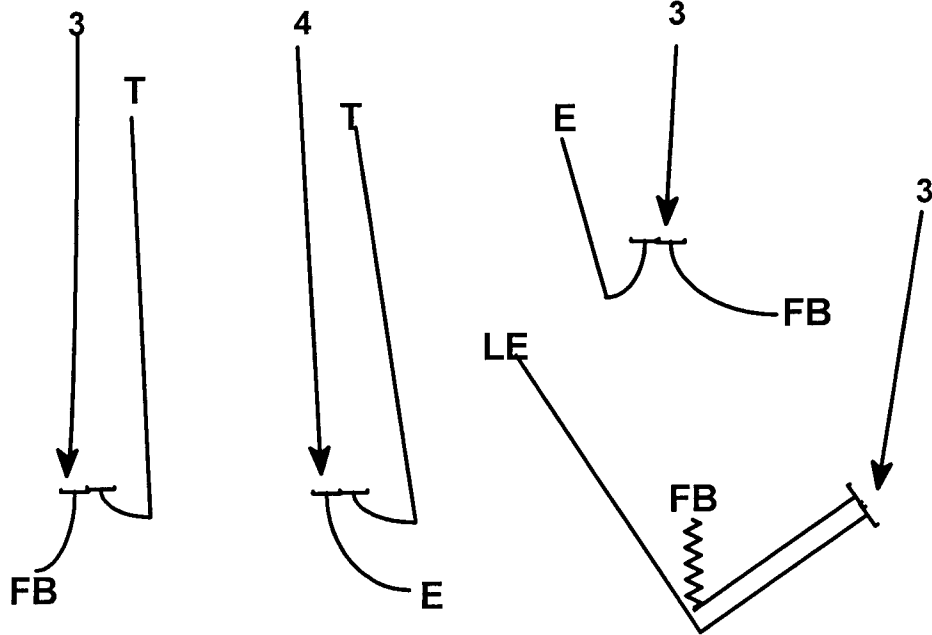
## CROSS DRILL



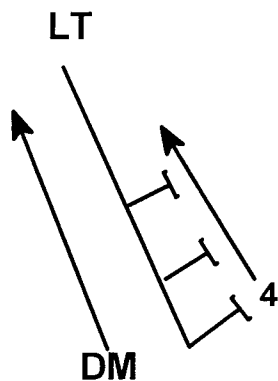
## TURNBACK DRILL



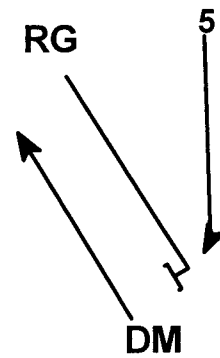
## DOUBLE TEAM



## SCRAPE PAINT

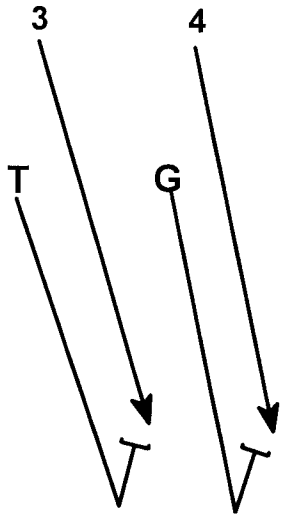


## SCREEN OUT

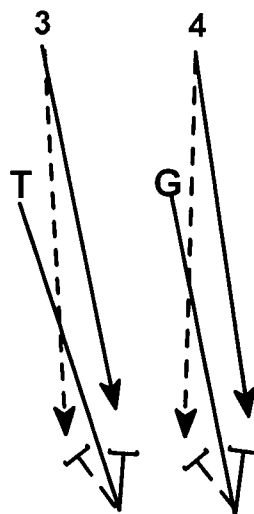


# KICK OFF RETURN DRILLS

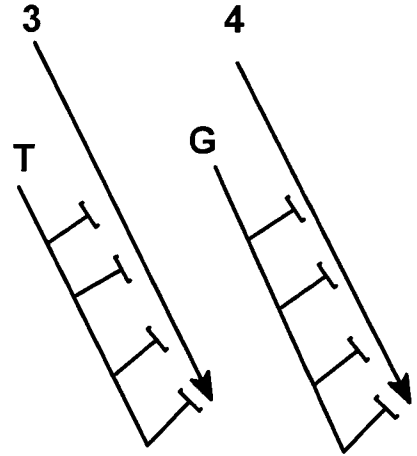
MAN DRILL



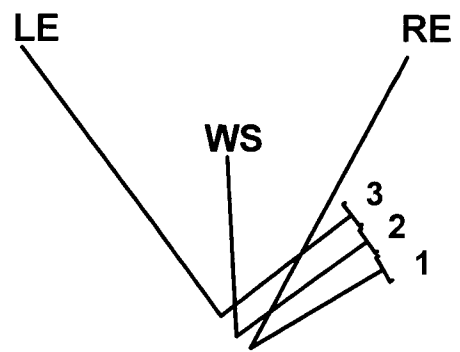
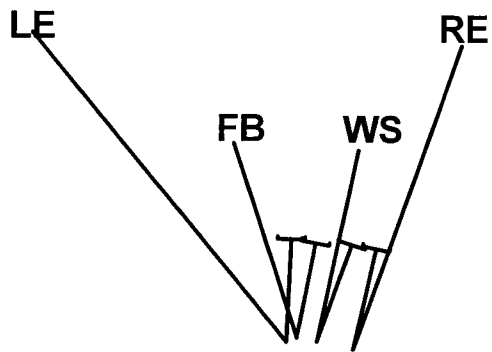
ROCK DRILL



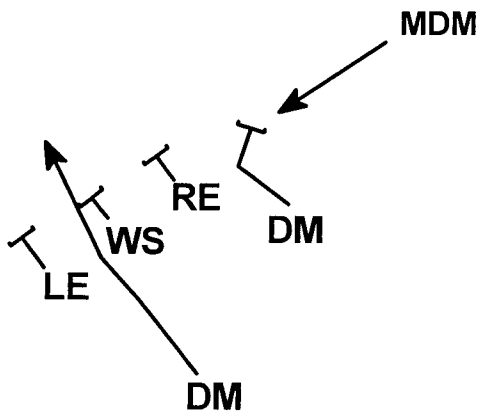
FINESSE DRILL



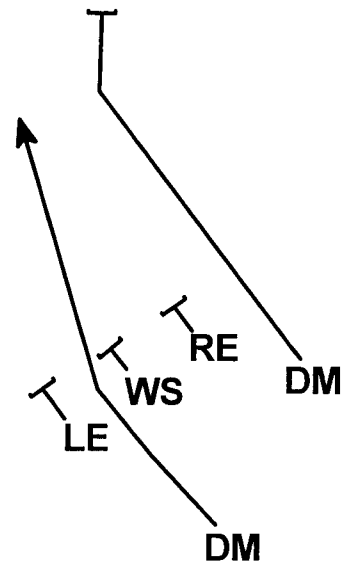
WEDGE DRILL



NON RETURNER DRILL



SAFETY OR KICKER



# **PUNT DRILLS**

## **SPREAD PUNT**

### **PROGRESSION**

#### **HITMEN**

#### **RELEASES (single press)**

- 1. RIP**
- 2. SPEED**
- 3. STICK**
- 4. DOWN THE LINE**

#### **RELEASES (vice)**

- 1. RIP**
- 2. SPEED**
- 3. DOWN THE LINE**

**C.P. - once past defenders work to get on top of him (stack) so he cannot block you.**

#### **MIRROR DRILL**

- 1. TAKE AWAY HANDS OF JAMMER AND GET AROUND HIM.**



#### **TIME UP DRILL**

- 1. GET TO RECEIVER AS HE CATCHES THE BALL AND TIME UP HIT ON YOUR LANDMARK (HIS INSIDE #).**
- 2. vs FAIR CATCH.**

#### **POOCH DRILL**

**vs fair catch signal**

**1ST MAN DOWN GOES PAST RETURNER TO THE GOALLINE.**

**2ND MAN FRONTS UP**

**RETURNER. FIND BALL & DOWN IT IN PLAY.**

**C.P. - must give the returner adequate room to field the punt. There is no halo rule!**

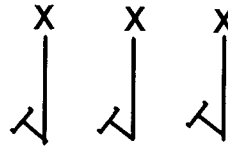


# PUNT DRILLS

## SPREAD PUNT PROGRESSION

(GUARDS, TACKLES, CONTAINERS)

1. KICK SLIDE VS AIR  
(vertical sets) GET DEPTH!



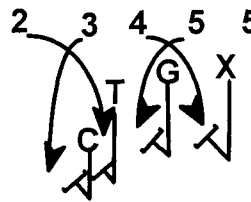
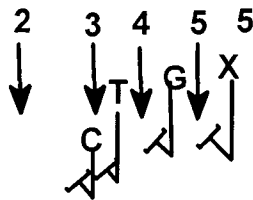
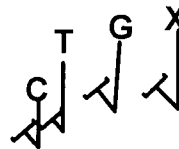
2. a. 2 ON 1  
(vertical sets)  
WIDER = DEEPER  
b. 2 ON 2



3. 1/2 LINE VS AIR  
A. SPLITS & ALIGNMENT  
B. KICK SLIDE



4. 1/2 LINE VS MAN  
A. (vertical sets)  
B. TWISTS  
C. STACKS



(CENTERS, JACKS, PUNTERS)

1. VS AIR (RIVER/LAKE)  
2. VS MAN 2 ON 2  
A. TWISTS  
B. DBL. GAP



"LAKE"

P

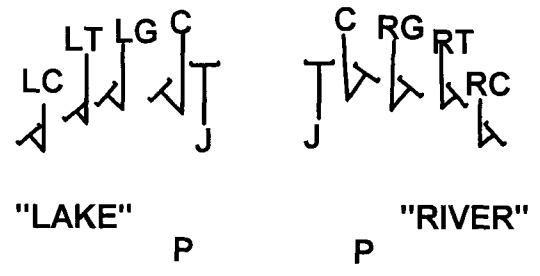
P

P

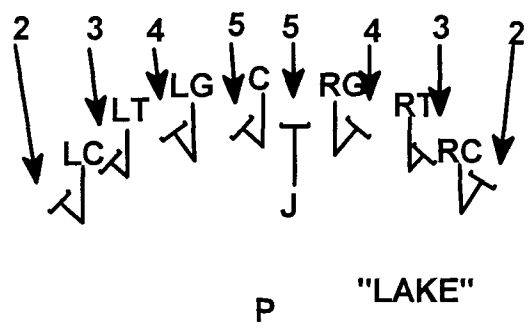
P

# PUNT GROUP SPREAD PUNT PROGRESSION

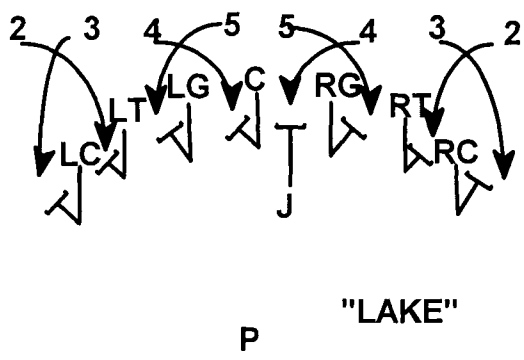
1. HALF LINE VS AIR  
(vertical sets) GET DEPTH!



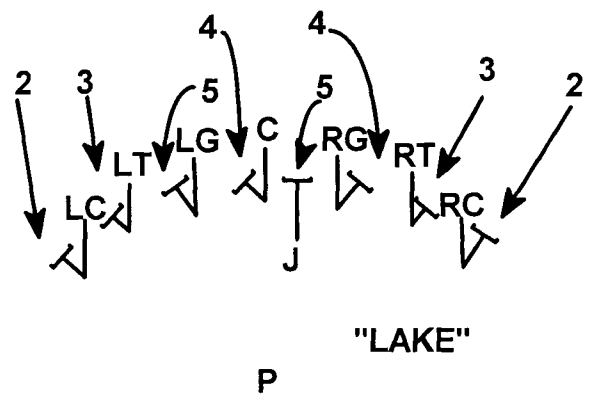
2. WHOLE LINE VS MAN  
(vertical sets) WIDER = DEEPER



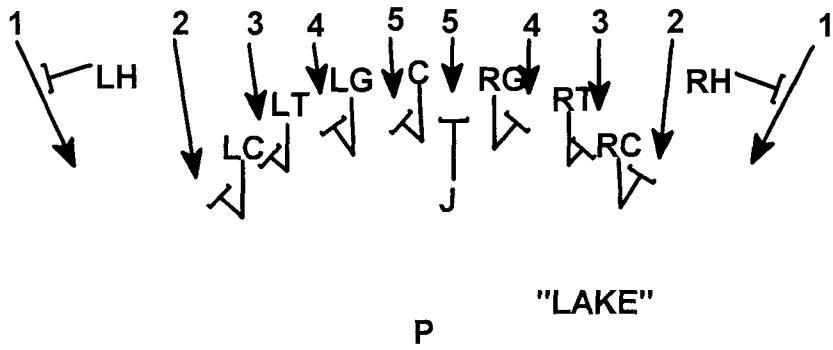
3. WHOLE LINE VS MAN TWISTS



4. WHOLE LINE VS MAN STACKS



5. WHOLE LINE VS JAMMER RUSH



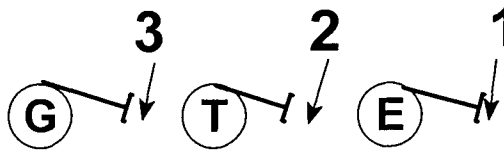
# PUNT DRILLS

## TIGHT PUNT PROGRESSION

1. PIVOT, PUNCH & SLAM  
VS AIR



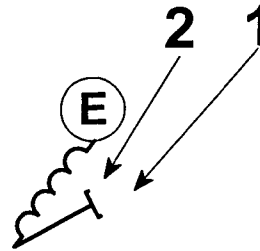
2. PIVOT, PUNCH & SLAM  
VS RUSHERS



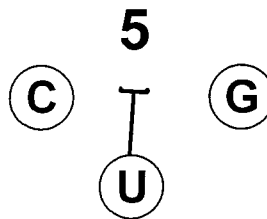
3. DOUBLE BUMP TECHNIQUE  
VS AIR



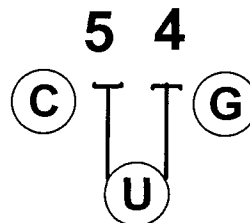
4. DOUBLE BUMP TECHNIQUE  
VS RUSHERS



5. HIGH SLAM TECHNIQUE  
VS RUSHER



6. WIDE GRIP BENCH TECHNIQUE  
VS RUSHERS



# PUNT DRILLS

## TIGHT PUNT PROGRESSION

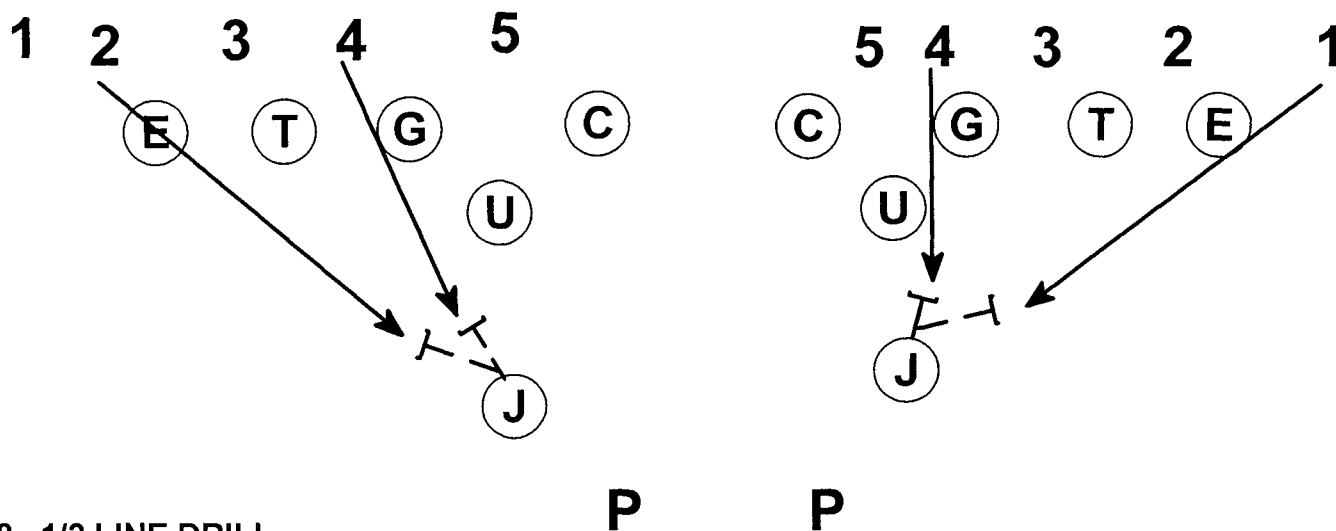
### 7. JACK DRILL

GROUP: 1/2 LINE FOR MAX REPS

PERSONNEL: RUSHERS, JACK, PUNTER & CENTER

OTHERS CAN BE USED WITH BAGS OR BODIES.

DRILL: COACH PICKS WHICH RUSHERS COME. JACK MUST BLOCK MDM THAT THREATENS PUNTER.

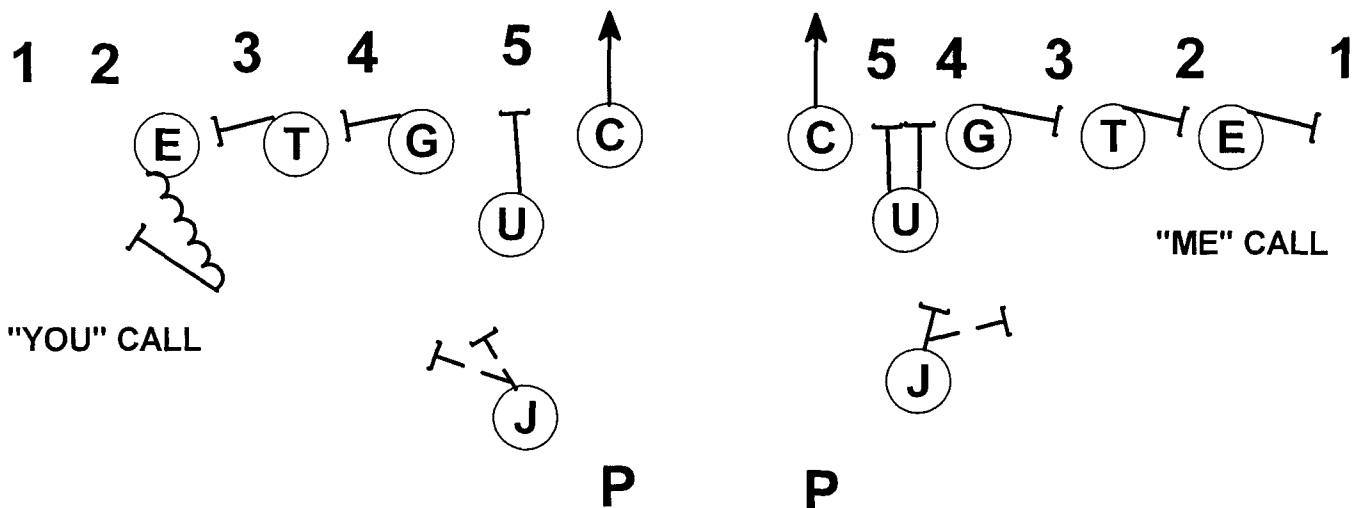


### 8. 1/2 LINE DRILL

GROUP: 1/2 LINE FOR MAX REPS

PERSONNEL: CENTER, GUARDS, TACKLES, ENDS, JACK, UPBACKS, PUNTER & RUSHERS

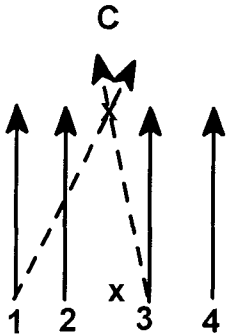
DRILL: LIVE RUSHES TO BLOCK PUNT. ENDS GIVE "ME / YOU" CALLS  
MAY ADD RELEASE & COVERAGE.



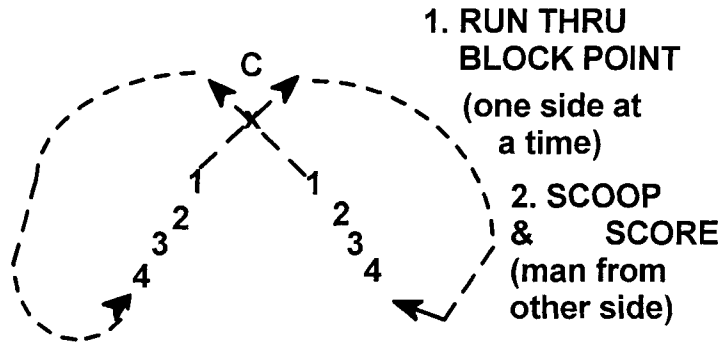
# PUNT RETURN DRILLS

## PUNT BLOCK

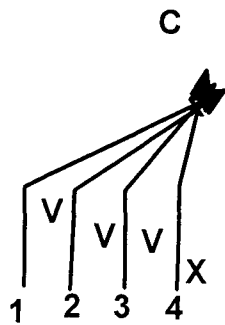
### ROCKET DRILLS



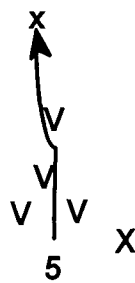
1. STANCE
2. GET-OFFS
3. BLOCK POINT  
(one or two at a time)
4. VS BAGS



1. RUN THRU  
BLOCK POINT  
(one side at a time)
2. SCOOP  
& SCORE  
(man from other side)



- TRACK DRILL**  
(one or two at a time)  
(may add bags or bodies)



(vs tite)

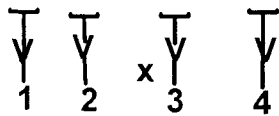


(vs wide)

- WIGGLE DRILL - Beat 2 Blockers**  
(may add bags or bodies)

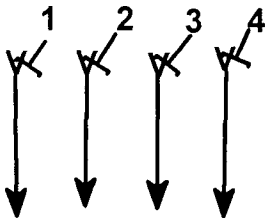
# PUNT RETURN DRILLS

C



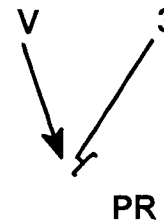
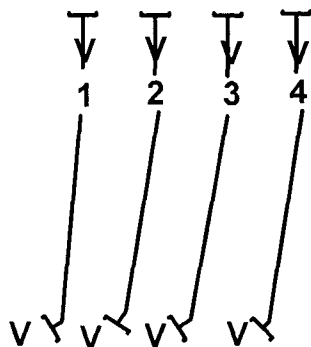
- ROCKET DRILL**  
 1. GET OFFS VS AIR  
**FIT DRILL**  
 2. GET OFFS VS SHIELDS  
**RELEASE DRILL**  
 3. GET OFFS LIVE  
 (PUNT TEAM RELEASE)  
 cp: HEAD & EYES UP  
 HANDS INSIDE

C

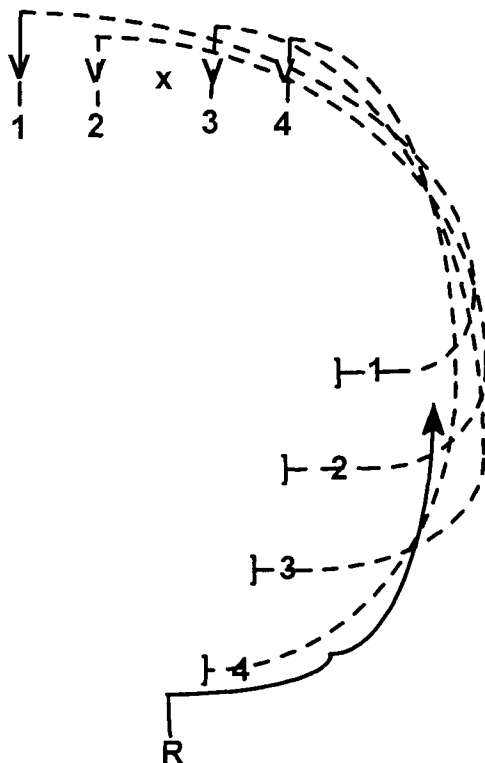


- SHADOW DRILL**  
 1. NUDGE THE TRICEP &  
 WIDEN.  
 2. FINISH - WHEN HE  
 SETTLES

- SCREEN OUT DRILL**  
 1. RUN PATH  
 BETWEEN CP &  
 RETURNER.  
 2. STICK BUTT OUT  
 3. CUT OFF CP  
 FROM RETURNER.



C



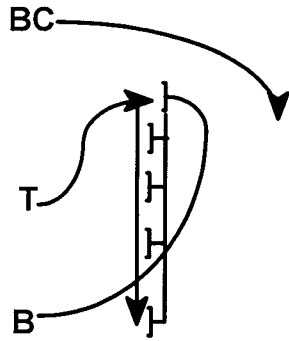
- WALL DRILL**  
 1. PRE-SET WALL  
 2. GET OFF & FORM  
 WALL.  
 3. GET OFF & FORM  
 WALL VS  
 DEFENDERS

- MIRROR DRILL**  
 1. HANDS BEHIND  
 BACK.  
 2. KEEP EYES ON  
 CHEST #'S.  
 3. SHOOT HANDS  
 INSIDE.  
 4. RESET HANDS  
 5. WIDEN FEET, SINK  
 HIPS & STAY LOW.

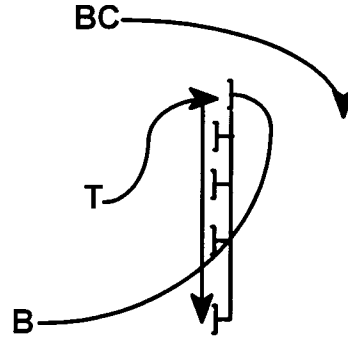


# PUNT RETURN DRILLS

## GET TO THE CUT-OFF



FACE TO ASS



OPPOSITE SIDE

## SCRAPE PAINT

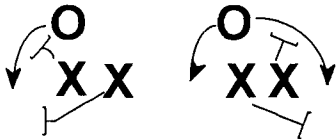
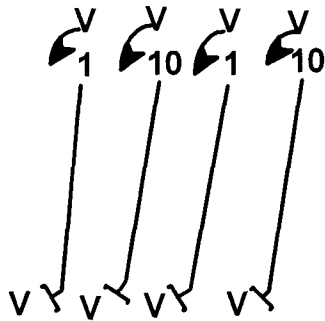
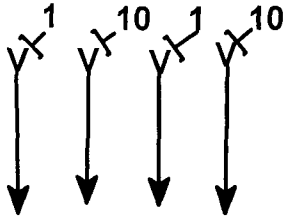


# PUNT RETURN

## JAMMER DRILLS (#1 & #10) VS SPREAD PUNT HITMEN PROGRESSION

### MIRROR DRILL

1. HANDS BEHIND BACK.
2. KEEP EYES ON CHEST #'S.
3. SHOOT HANDS INSIDE.
4. RESET HANDS
5. WIDEN FEET, SINK HIPS & STAY LOW.

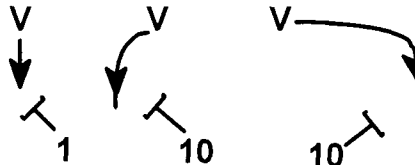


### VICE DRILL

- A. INSIDE RELEASE
- B. OUTSIDE RELEASE

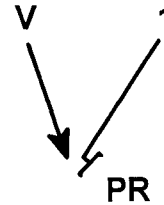
### SPACE DRILL

- A. EYES ON CHEST #'S.
- B. SHOOT HANDS INSIDE.
- C. RESET HANDS
- D. WIDEN FEET, SINK HIPS & STAY LOW.



### SCREEN OUT DRILL

1. RUN PATH BETWEEN CP & RETURNER.
2. STICK BUTT OUT
3. CUT OFF CP FROM RETURNER.

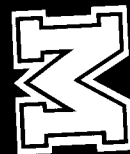


### SHADOW DRILL

1. NUDGE THE TRICEP AND WIDEN.
  2. FINISH - WHEN HE SETTLES
- \* MAY USE SCREEN OUT TECHNIQUE



# P.A.T. / F.G. BLOCK DRILLS



MENLO COLLEGE

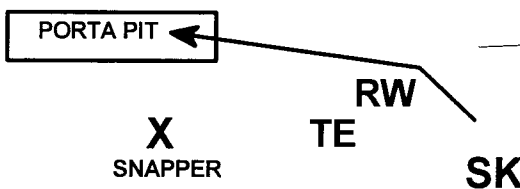
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## OVERLOAD DRILL

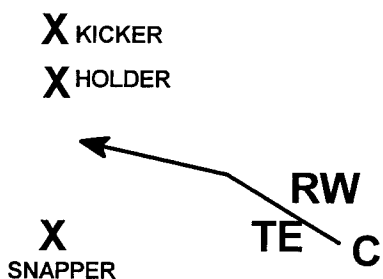


## SKINNER DRILL

X KICKER  
 X HOLDER



## CRASHER DRILL



# P.A.T. / F.G. DRILLS

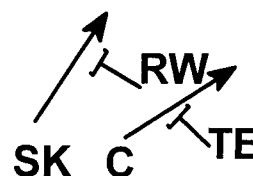
## GAP DRILL



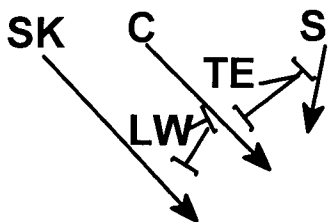
## OVERLOAD, TE HINGE DRILL



## "OUT" DRILL



## WING DOUBLE BUMP, TE HINGE DRILL



## WING DRILL "DOUBLE BUMP"

